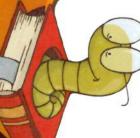
## Bleckley County Elementary Fresh Fruit & Vegetable Snacks

### September 2009

1					
Bananas					Monday
28	21	14	7		lay
Plums					Tuesday
29	22	15	00.	7	day
Strawberries	23	76	9	2	Wednesday
<i>Guess What?</i> You can write almost 50,000	24	77	70	W	Thursday
almost 50,000	25	18	"	4	Triday
	loa	tim zi d	Am ba		1

Did You Know....

The average
American eats 25
pounds of
bananas a year!
And no wonder—
bananas aren't
messy, they stay
ripe for a long
time, and they're
just plain
scrumptious!
Plus, they're
oaded with good
stuff like
potassium.



words or draw a line almost 35 miles long with just one pencil

# Bleckley County Elementary School Fresh Fruit & Vegetable Snacks

### October 2009

	40	THE PERSON NAMED IN COLUMN		THE RESERVE THE PERSON NAMED IN	1
Grape Tomatoes	Granny Smith Apple	School Holiday	5 Variety Day	Guess What?  Pumpkins were freckles and cur pie ever m	Wonday
27 Variety Day	20 Variety Day	Variety Day	6 Tangerines	Pumpkins were once recommended for removing freckles and curing snakebites. The largest pumpkin pie ever made weighed over 350 pounds.	Tuesday
28 Gala Apple	Celery 21	Asian Apple Pear	Bartlett Pears	l for removing largest pumpkin 50 pounds.	Wednesday
Red Delicious Apple	22 Cucumber	Zucchini	8 Star Fruit	Broccoli	Thursday
Baby Banana	Red Anjou Pear	Golden Apple	9 School Holiday	Fresh Corn on the Cob	<del>I</del> niday

### Did You Know....

witamin C and fiber in pears is in the skin-so make sure you eat the outside! Pears get juicier and sweeter the longer they ripen. When pears get slightly soft, put them in the fridge and they'll last a lot longer.



## Fresh Fruit & Vegetable Snacks Bleckley County Elementary School Movember 2009 Fresh Fruit & Vegetable Snacks

30	23	76 Clementine	9 Grapple		2	Monday
Guess What?	24 Thanks	White Grapes	Honey Dew Melon	Kiwi	W	Tuesday
	24 25 Thanksgiving Holidays	Pink Grapefruit	#Spinach	Navel Oranges	4	Wednesday
	ys 26	Pomegranate 79	72 Cantaloupe	Cauliflower	<b>Մ</b>	Thursday
	27	Squash 20	<i>13</i> Variety Day	Variety Day	6	Triday

Eden was not an

"pom." Recent

apple, but a

in the Garden of

believe the fruit

historians

has been grown

pomegranate

The

by man since

prehistoric times. Some

sicknessfighting antioxidants than any other drink

ancient fruit may

contain more

the juice of this

indicates that

research

On November 26, 1789, President George Washington proclaimed the first national Thanksgiving Day in the United States.

Red Grapes

### Fresh Fruit & Vegetable Snacks **Bleckley County Elementary School**

# Vecember 2009



official mascot of the was chosen to be the reason, the orange of season. For this navel oranges are out variety when the therefore a popular season fruit, and extraction. It is a lateof the sweet oranges Murcia orange is one used for juice The Valencia or

Spanish football team orange"), and wore "Naranjito" ("little was called the colors of the in Spain. The mascot 1982 FIFA World Cup, which was held



of land